



# LAN

Long Alliantie Nederland

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructor: \_\_\_\_\_



## Inhalation protocol Respimat®

### Patient information

- 1. Discuss the purpose and the mode of action of the medication.

### Preparation

#### Before the first use

- 2. Keep the cap closed, press the safety catch and remove the clear base.
- 3. Take the cartridge out of the package. Push the narrow end of the cartridge into the inhaler, until you feel resistance. Put the Respimat® upright against a firm surface and push firmly on the Respimat® with one hand, so the cartridge will be pushed into the Respimat®, while making a double 'click' sound.
- 4. Do not remove the cartridge once it has been inserted into the inhaler.
- 5. Put the clear base back into place and do not remove the clear base again.
- 6. Keep the Respimat® upright with the cap closed. Turn the clear base in the direction of the red arrows on the label until it clicks (half turn).
- 7. Open the cap until it snaps fully open.
- 8. Point the Respimat® towards the ground. Press the grey button and close the cap.
- 9. Repeat these steps until the Respimat® produces a cloud, then repeat these steps another three times.
- 10. The Respimat® is now ready for use.

#### Before every use

- 11. The mouth must be empty.
- 12. Keep the Respimat® upright with the cap closed. Turn the clear base in the direction of the red arrows on the label until it clicks (half turn).
- 13. Open the cap until it snaps fully open.
- 14. The Respimat® is now ready for use.

### Inhalation

- 15. Sit or stand up straight with your head slightly backwards.
- 16. **Exhale slowly and completely, not into the Respimat®.**
- 17. Bring the Respimat® horizontal towards the mouth.
- 18. Put the mouthpiece between teeth and close lips to form a good seal.
- 19. **Inhale as deeply as possible with steady, moderate force, press the grey button at the start of the inhalation. Inhale slowly as long as possible.**
- 20. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Respimat® from the mouth.
- 21. Exhale slowly.
- 22. Close the cap.
- 23. Repeat steps 11 to 22 for a second dose.

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## Cleaning

- 24. Clean the mouthpiece with a dry tissue, never rinse it with water.

## Important Points

- 25. One dose of the Respimat® means two consecutive puffs.
- 26. The dose counter indicates how many doses there are (approximately) left. The Respimat® contains 30 doses, which means sixty inhalations.
- 27. If the arrow reaches the red zone, there are 7 doses left (14 inhalations).
- 28. If the Respimat® has not been used for more than seven days, spray once towards the ground. If the Respimat® has not been used for more than twenty-one days, keep spraying until the Respimat® produces a cloud, then repeat this another three times.

## Finally

- 29. Have a look at an instructional film which shows these steps in action. Take a look at the following website for an Dutch instructional film: [www.inhalatorgebruik.nl](http://www.inhalatorgebruik.nl).

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These English protocols are based on the inhalation protocols of the Dutch Lung Alliance and are being translated by the ADMIT group [www.admit-inhalers.org](http://www.admit-inhalers.org).

The Dutch Lung Alliance encourages dissemination of the protocols and the instructions. The most recent versions and terms of use can be found at the website [www.inhalatorgebruik.nl](http://www.inhalatorgebruik.nl)